

Ready for Pick Up or Delivery 11.11.18

Breakfast

Turkey Sausage Links and Scrambled Eggs	\$6.50
Sausage and eggs. Classic. - Turkey Sausage (turkey, chicken, sage, maple, ginger, garlic, pepper, salt), Eggs, Franks Hot Sauce (aged cayenne red peppers, distilled vinegar, salt, garlic powder) - 400K 22F 11C 1DF 38P	
Pork Carnitas Hash and Poached Eggs with Salsa Verde	\$6.75
It's kind of like tacos. In a bowl. For breakfast. - Pork (pork, onion, garlic, salt, pepper, cumin, olive oil, water), Eggs, Sweet Potatoes, Peppers, Onions, Salsa Verde (tomatillos, jalapeno, cilantro, lime juice, onion, cumin, garlic, salt, olive oil) - 390K 19F 29C 5DF 25P Salsa: 20K 1F 3C 1DF 0P - P, W30, 21DS	
Cereal Bar	\$5.99
Three cheers for hand-held breakfast! - Banana, Coconut, Applesauce, Dates, Apricots, Golden Raisins, Raisins, Honey Cinnamon Cereal (almonds, walnuts, pecans, honey, raisins, vanilla, cinnamon, salt), Coconut Oil, Coconut Flour, Cinnamon, Lemon Juice, Vanilla Baking Soda - 300K 13F 45C 7DF 3P - P	

Salads

Honey BBQ Smoked Chicken Salad	\$6.99
If bbq is feeling a little heavy, try the salad version. - Chicken, Mixed Greens, Tomatoes, Celery, Onion, Bacon, Honey BBQ Dressing (olive oil, vinegar, honey, mustard, garlic powder, garlic, mayo (olive oil, egg yolk, vinegar, lemon juice, mustard, salt), honey, tomato paste, vinegar, coconut sugar, salt, onion powder) - 310K 16F 9C 4DF 31P Dressing: 190K 15F 12C 0DF 1P - P *W30 21DS K mods: sub SF Italian Vinaigrette*	
Jalapeno Ranch Chicken Salad	\$6.99
Our Old Fashioned Chicken Salad's spicy older sister. - Chicken, Mayo (olive oil, egg yolk, vinegar, lemon juice, mustard, salt), Celery, Red Onion, Cabbage, Jalapeno, Ranch Seasoning, Salt, Pepper - 260K 13F 8C 2DF 28P - P, W30, 21DS, K	

Soup

Smoked Veggie Chili	\$5.99
A hearty, smokey combo of veggies and spice to warm you right up. - Chicken Stock (water, chicken, celery, carrot, onion, parsley, thyme, bay leaves, black peppercorn, salt), Enchilada Sauce, Butternut Squash, Onion, Pumpkin, Acorn Squash, Peppers, Garlic, Chipotle, Cumin, Salt - 160K 3.5F 26C 5DF 8P - P, W30, K	
Creamy Chicken Florentine Soup	\$5.85
This soup is a lot like that spinach artichoke dip you always want to eat with a spoon... - Chicken Stock (water, chicken, celery, carrot, onion, parsley, thyme, bay leaves, black peppercorn, salt), Coconut Milk, Chicken, Spinach, Artichoke Hearts, Onion, Carrot, Celery, Olive Oil, Parsley, Salt, Pepper, Thyme - 270K 14F 14C 2DF 22P - P, W30, 21DS, K	

Dessert

Maple Pecan Brownie	\$6.99
Brownie. Maple schmear. Pecans. Heaven. - Pecan, Chocolate (cacao beans, evaporated cane sugar, cocoa butter, sunflower lecithin), Egg, Coconut Sugar, Maple Syrup, Salt, Vanilla, Ghee, Honey, Dates, Coconut Oil, Coconut Flour, Baking Powder, Coconut Milk - 740K 50F 79C 9DF 8P	
Carrot Cake with Paleo Cream Cheese Icing	\$5.99
All I can say is this is soooooo good. - Carrots, Pineapple, Raisins, Pecans, Eggs, Honey, Almond Flour, Baking Soda, Baking Powder, Coconut Oil, Vanilla, Cinnamon, Nutmeg, Ginger, Salt, Cream Cheese Icing (cashews, lemon juice, honey, maple syrup, coconut milk, cider vinegar, almond milk, coconut oil, vanilla, salt) - 1060K 76F 87C 7DF 23P	
Sugar Cookie	\$4.65
Iced iced, baby. - Almond Flour, Maple Syrup, Tapioca Flour, Coconut Oil, Vanilla Extract, Baking Soda, Salt. Icing (coconut oil, tapioca flour, honey, vanilla extract) - 530K 35F 49C 5DF 10P	

Entrees

Braised Pork, Cabbage, Mashed Squash	\$10.55
I see your pork and braise you some cabbage. - Braised Pork (pork butt, chicken stock (water, chicken, celery, carrot, onion, parsley, thyme, bay leaves, black peppercorn, salt), garlic, salt, pepper), Braised Cabbage (cabbage, onions, ghee, bacon, salt, pepper), Squash Mash (squash, ghee, cayenne pepper, salt, pepper) - 500K 30F 27C 7DF 31P - P, W30, K, 21DS	
Teriyaki Shrimp Stirfry	\$13.99
Save the trip to your fave hibachi place, we've got this. - Shrimp, Carrots, Peppers, Peas, Onion, Olive Oil, Sesame Oil, Garlic, Ginger, Salt, Pepper. Teriyaki (coconut sugar, honey, lemon juice, vinegar, ginger, crushed red pepper, garlic, fish sauce, salt), Sesame Seeds - 240K 13F 11C 3DF 21P Sauce: 50K 1.5F 7C 0DF 0P - P W30, 21DS, K mods: no sauce	
Chicken Fried Steak	\$11.99
Complete with mashed cauliflower and brown gravy. - Steak (steak, almond flour, garlic powder, olive oil, salt, pepper), Cauliflower Mash (cauliflower, olive oil, salt, pepper), Gravy (veal stock, water, arrowroot, garlic, salt, pepper), Parsley - 780K 67F 16C 6DF 33P - P, K, 21DS	
Cranberry Jalapeno Turkey, Parsnip Mash	\$10.99
A sweet and spicy twist on the seasonal roasted turkey. - Turkey (turkey, olive oil, parsley, thyme, rosemary, sage, salt, pepper), Parsnip Mash (parsnips, ghee, salt, pepper), Jalapeno Cranberry Chutney (water, cranberry, jalapeno, coconut sugar, honey, salt, cinnamon) - 410K 13F 48C 13DF 32P - P *W30 21DS K mods: no chutney*	
Sesame Ginger Meatballs	\$10.85
It's like a potsticker and an egg roll living in a nudist colony. - Meatballs (pork, egg, carrots, mushrooms, onion, sesame oil, garlic, ginger, sambal (chilis, salt, vinegar), salt, pepper, vinegar), Cabbage, Carrot, Snow Peas, Pepper, Onion, Garlic, Ginger, Fish Sauce, Olive Oil, Sesame Oil, Salt, Pepper, Sesame Seeds, Sauce (sambal (chilis, vinegar, salt), coconut amino, green onion) - 620K 44F 20C 6DF 34P Sauce: 25K 0F 6C 0DF 0P - P, W30, 21DS, K	
Hot Honey Chicken with Mashed Sweet Potatoes	\$10.50
Hot chicken to make you sweat, sweet potatoes and cornbread to round it out. - Chicken Breast, Honey, Sambal (chilis, vinegar, salt), Salt, Olive Oil, Sweet Potatoes, Spinach, Ghee, Garlic, Salt, Pepper, Cornbread (eggs, almond flour, coconut flour, coconut oil, almond milk, honey, baking soda, ghee, salt) - 470K 11F 50C 5DF 41P Cornbread: 150K 12F 8C 2DF 4P	
Pork Picatta with Green Beans	\$10.50
Picatta basically means lemon and capers. AKA deliciousness. - Pork Loin, Green Beans, Lemon, Garlic, White Wine, Capers, Parsley, Oregano, Ghee, Olive Oil, Salt, Pepper. - 410K 24F 10C 4DF 38P - P, W30, 21DS, K	
Blackened Chicken Alfredo	\$10.55
Served over broccoli. Yum. - Chicken Breast, Cheddar Sauce (cashew butter, water, tahini paste, olive oil, nutritional yeast, lemon juice, salt, xanthan gum, garlic powder, black pepper, onion powder, basil, oregano, parsley), Broccoli, Onion, Pepper, Garlic, Cajun Seasoning, Olive Oil, Salt, Pepper - 280K 13F 15C 6DF 27P - P, W30, K, 21DS	
Smoked Paleo Joes, Veggie Medley	\$10.99
Joe is back and he's had a smokey makeover! - Beef, Ketchup, Poblano Pepper, Carrots, Fennel, Onion, Balsamic Vinegar, Brown Mustard, Worcestershire (tomato paste, distilled vinegar, balsamic vinegar, coconut sugar, garlic, salt, pepper), Coconut Sugar - 370K 21F 28C 7DF 18P - P	
Burrito Bowl	\$10.55
Chipotle, who? - Beef, Onion, Peppers, Tomato, Garlic, Cumin, Chili Powder, Salt, Pepper. Cilantro Lime Rice (rice, water, cilantro, olive oil, lime juice, salt, pepper). Avocado Lime (olive oil, lime juice, water, avocado, green onion, jalapeno, cilantro, garlic) - 790K 23F 115C 3DF 27P Sauce: 90K 10F 3C 1DF 1P - PRIMAL P, W30, K, 21DS mods: sub cauli rice	

Questions? Give us a call at 913 747-5559 or Chat with us online www.evolvepaleochef.com